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Issue 22
March 2015

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Facebook.com/VSC.CSUSB

or search for

CSUSB Veterans Success Center

Yellow Ribbon Campaign

The origins of tying yellow ribbons to a tree, or of a young lady tying a yellow ribbon in her hair is hard to identify. Many believe it originated during the Civil War, while others argue that its origins lie further back in history to before medieval times (Yellow Ribbon History). Its use in support of military efforts are seen throughout history and regardless of its origins; the yellow ribbon has maintained its meaning over time because of its symbolism. The concept of a young lady tying a ribbon in her hair dates back to the American Civil War. If a woman was engaged or wished to marry a man who had gone away to war she would let the world know she was not available for courting by wearing a ribbon in her hair as a sign of her waiting and remembrance of her beloved (YellowRibbonAmerica.com). The color yellow symbolizes never forgetting, like a yellow rose on the grave of a fallen soldier. The ribbon represents a will to not let go, a bond tying together the two parties: ribbons tie together objects and hold them close together. That is the symbolism behind using a yellow ribbon as a sign of remembrance.

During the WWII the yellow ribbon made an appearance as a sign of appreciation and remembrance of those who were fighting and those who lost their lives overseas. During the Global War against Terrorism 2002-2013, the yellow ribbon made its most recent appearance. Started by the attacks on the World Trade Center and Pentagon on Sept. 11, 2001, the yellow ribbon was used as a sign of unity across the nation in the years following the attacks and prior to the initial push in Afghanistan and Iraq, after which the yellow ribbon was repurposed as a sign of support for the troops overseas and their sacrifice.

This May, the VSC invites the campus to join in our celebration of Armed Forces Day as we host the annual Yellow Ribbon Campaign. We encourage students and staff to come out and help decorate the trees across campus with yellow ribbons. On May 14, 2015, the VSC will host an Armed Forces Day Celebration, in conjunction with the Yellow Ribbon Campaign on the Pfau Library lawn.



To sponsor a tree, call 909-537-5195
or email jespinoza@csusb.edu



Donate Your Old Caps and Gowns!

Brooke Steppe, U.S. Army Veteran

As a U.S. Army veteran who served in Iraq, I understand the struggles that come with transitioning back into civilian life. It is a long and challenging road that our veterans must face, and some have a harder time with less support than others. When I heard of a battle buddy who made some bad choices once he was home that landed him behind bars, I began to wonder if there was something that I could have done to help him. Although we cannot change the past, there may be something that we can do to help in the future, and that is what inspired me to create this program.

I am gathering donations for a group of students who need our help. In our community of students we have learned to help one another, we study for tests together, help with homework, hold study groups, and encourage one another to strive for excellence. Each of us wants to see our fellow veterans succeed and are proud of them when they do. In this same way, I ask for you to open your hearts to those comrades of ours who sit quietly on their own, striving to make a

change in their own lives by bettering themselves with the same education that we all are working towards, with no help from others, and asking for nothing in return.

The students I speak of are currently incarcerated in state prisons. I am hoping that you will help by showing these students that they can have a sense of pride in what they have done, recognizing their efforts of change and accomplishment that they have earned by attaining their high school diploma, G.E.D. or college degree while in prison.

To do this, I am asking for donations of old caps and gowns that are sitting in your closets gathering dust, so that our fellow classmates might also join in that great moment of recognition for all their hard work. We appreciate your willingness to help bring a positive influence to the lives of others.

Please contact the VSC at (909)537-5195, email VSC@csusb.edu, or stop by to donate your old cap and gown.

Graduating Student Veterans, Order Your Graduation Stole Today

Call the Veterans Success Center at (909)537-7196 or e-mail Jaime Espinoza at jespinoza@csusb.edu to receive your free graduation stole.

Make sure to include your full name, email address, phone number, and branch of service.



The Veterans Gradation Celebration will be held on **June 12, 2015** at 5 p.m.— 7p.m. in the Obershaw Dining Room. Dinner will be provided.

If you have a GPA of 3.0 or higher you qualify for the S.A.L.U.T.E. Honor Society. Applications are available at the VSC or contact Jaime Espinoza at (909) 537-7196 or e-mail at jespinoza@csusb.edu.



Military Veterans Writers Group to Exhibit at Los Angeles Times Festival of Books

CSUSB's Military Veterans Writers Group will be an exhibitor at the Los Angeles Times Festival of Books. This year marks the festival's 20th anniversary, which will take place April 18 (10 a.m. – 6 p.m.) and April 19 (10 a.m. – 5 p.m.), 2015 at the University of Southern California, Los Angeles.

Stop by and visit us at Booth 052 located in South Trousdale Parkway "Cardinal Zone," near the center of the USC campus. Browse our screenplays and books, and learn about our free, nine-week Screenwriting Course for Veterans, offered at CSUSB each summer.

The Los Angeles Times Festival of Books began in 1996 with a simple goal: "To bring together the people who create books with the people who love to read them." The festival was a tremendous success and has evolved to include famous authors, live bands, poetry readings, chef demonstrations, musical entertainment and artists creating their work on-site. There's also a photography exhibit, film screenings, and discussion panels on some of today's most important topics.

Los Angeles Times Festival of Books admission is free, parking is \$10. We look forward to seeing you there!



PDC VSC Student Veterans Career and Advising Day

The Student Veterans Career and Advising Day, EDD, Wendell Crawford and Clark Staehle, were in was held to assist student veterans in finding jobs attendance to assist CSUSB students in seeking greater specifically earmarked for them. The event was meant to opportunities through veteran-specific employment. In introduce student veterans to opportunities they may not addition to the EDD members, CSUSB's Ruth Howell have known about otherwise. The event also functioned was on-site to help with student needs. Refreshments as a meeting between advisors who in turn provided were provided by Jensens for all who attended the event. CSUSB with valuable information regarding student The VSC facilitated EDD's visit so advisement was veteran affairs. Through the event, we formed carried out in an efficient manner. connections with both the Employment Development Department (EDD) and the Veterans Affairs staff members of the College of the Desert. Flyers were produced and emailed to generate student interest in the event.

The VSC's Student Veterans Career and Advising Day took place March 11, 2015. Representatives from the

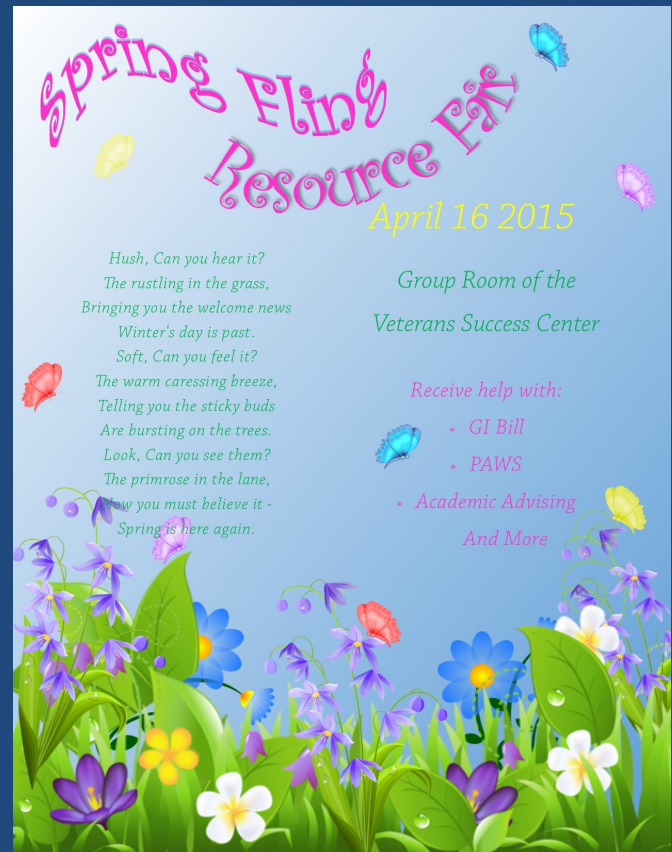
The event went smoothly, lasting from 10 a.m. to 1 p.m. The EDD staff remarked that their goal was to help 100 percent of the student veterans who came to them and they did. A number of our student veterans participated in the event and walked away with a valuable resource in the EDD. Overall, the event was successful and helped our students connect with a local resource and with the VSC as well.



Spring Fling Campus Resource Fair

Western civilizations celebrate the spring equinox through Easter with depictions of bunnies, chicks and eggs. Many Asian countries celebrate the equinox as the beginning of the year, and others have celebrations welcoming good tidings and the new fruit the year has to offer. Spring reminds people of new beginnings and new life, so what better way to welcome in the new season than by renewing our knowledge and resources. In that sense, it's the most effective way to make sure student veterans can survive the wrath of the upcoming year.

On April 16, the San Bernardino Campus VSC will host a Spring Fling Resource Fair. The center will open normal hours, and from 11 a.m. to 2 p.m. there will be free food and different representatives with resources from across the campus. Representatives will be in the group room of the VSC, helping veterans with questions they may have concerning GI Bill benefits, academic advising PAWS reports, etc.



Caring for Women Veterans: Not Every GI is a Joe

On March 12, Cal State San Bernardino, CalVet, San Bernardino County Department of Veterans Affairs and the 163rd Reconnaissance Wing, Air National Guard hosted a comprehensive program for the Inland Empire Veterans Mental Health Collaborative, titled "Caring for Women Veterans: Not Every GI is a Joe," at March Air Reserve Base in honor of Women Veterans History Month. Lisa Roybal, a women's health nurse practitioner and women veterans program manager, presented "Understanding Women Veterans." Angie Tremmel, a licensed clinical social worker and military sexual trauma coordinator, discussed - "Military Sexual Trauma and Related Clinical Issues," Elizabeth Welsh, Ph.D., staff psychologist, presented on "Other Important Behavioral Health Treatment Issues for Women Veterans." All three presenters were from the Loma Linda Veterans Administration Healthcare System.

The turnout for the event was excellent, and after the presentations, participants were provided with a tour of the remotely piloted aircraft. Special thanks to the Chaplain Corps – Chaplain, Captain Dong for emceeding the event, Chaplain, Major Sarmiento, Chaplain, Captain Montanari, and Staff Sgt. Cordita for providing hospitality support, and Senior Airman Jubran who was the driver for the tour.

The Inland Empire Veterans Mental Health Collaborative is a network of public and private organizations that shares ideas, knowledge and resources to improve the access to and quality of mental health services for veterans, military personnel and their families, and to increase public awareness of the unique needs of this special segment of our population. Cal State San Bernardino is a founding member of the collaborative. For more information about the collaborative call Linda Umberg, CalVet, at 909-387-5986 or by email at Linda.Umberg@calvet.ca.gov.

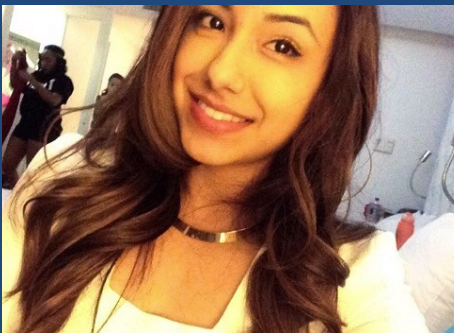
What Are Your Spring Break Plans?

James McGuire
U.S. Army Reserves



For this spring break, I plan to keep training, and try to have fun. I want to go to the beach and hang out with friends. I definitely want to go out a lot and see what else I can do to have fun and maybe have some new experiences. Maybe go to a few shows with different bands or even play a few shows myself. I would really like to go to the shooting range more often as well and try out new firearms. Overall, I just want to have fun and not have any regrets.

Darlene Muñoz
U.S. Army Reserves



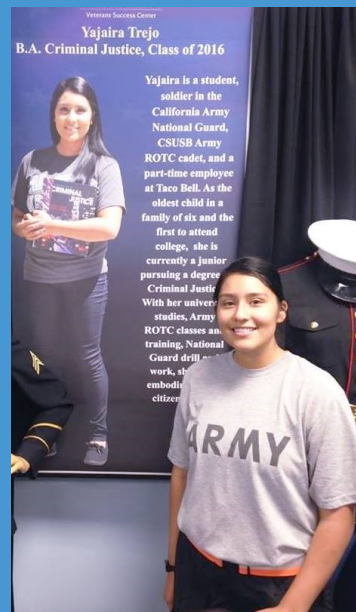
This spring, I plan to start my spring cleaning, go on fun hikes with my friends, visit an amusement park and also work out a lot at the gym. I enjoy working out as I've noticed myself getting stronger and I love the feeling of being fit. Also, I will be staying at a hotel down in San Diego for a couple days with my family and friends to enjoy relaxing days on the beach. I might even give surfing a try as I've never done it before and it looks like fun. In the end I am just excited to have a complete week off to recover from a long and exhausting winter quarter.

Katherine James
USMC Veteran



This spring break I plan on doing many things. First, I'm going to finish my home projects and spring cleaning. Then, I'll reward myself with lots of rollercoasters and funnel cake at Six Flags with the family. I'm excited for what next quarter brings as I'll be taking a couple classes that really interest me. I want to enjoy spring break to the fullest and be energized to come back and start my spring quarter.

Yajaira Trejo
Army National Guard



My spring break will be spent with my family. My baby sister, Idalie, recently turned 7 months old and she continues to get bigger. My family and I plan on taking her to Lake Perris for the first time so that she can learn to swim. I also want to hangout a lot with my friends over the break, as my winter quarter was hectic and we didn't have time to see each other as much as we would've liked.

I plan on going to the beach a lot as well, as it is going to be a hot spring break. All in all, I plan on spending time with my family and friends to make up for time lost.